candida diet

http://www.huffingtonpost.com/maura-henninger-nd/five-steps-to-treating-ca_b_4810659.html

http://www.holistichelp.net/candida-diet.html

MERCOLA

http://articles.mercola.com/sites/articles/archive/2008/06/10/holistic-treatment-for-candida-infection.aspx

1. Starve the yeast: This is the first step and we do this with diet. First, no sugar, which will feed the candida. No fruit in the first two weeks of treatment, then fruit is limited to two low-glycemic choices. No milk, which has the sugar lactose that tends to promote yeast overgrowth and in some cases, because milk can contain antibiotics, can promote overgrowth. No yeast-containing foods such as alcohol, peanuts, melons are recommended. Remove food sensitivities: By removing foods a patient is sensitive to (through testing, or an elimination diet), the gastrointestinal tract is better able to repair.

2. Kill the critters: This is can be a months-long process. Each month, I switch the protocol. Potentent antifungal herbs that I use: berberine, grapefruit seed extract, olive lea f— there are many that are valuable. These are always combined with caprylic acid, which is also excellent at breaking down candida.

3. Repopulate the gut: It's essential to put good bugs into the gut to crowd out the bad ones; sacchromyces boulardii is particularly good at this. I have people rotate probiotics monthly. Probiotics also encourage proper bowel movements; if you're not pooping properly, the body will recirculate yeast and that's the last thing you want. Other things that ensure elimination: flaxseeds, psyllium and chia seeds mixed in salads and smoothies. Fermented foods are great for repopulating the gut with good bacteria: kimchi, sauerkraut, kefir, yogurt and coconut water are my patients' favorites.

4. Support the detox process: Enhanced liver function is imperative at this time. The liver is the

4. Support the detox process. Enhanced liver function is imperative at this time. The liver is the body's oil filter and when you get rid of Candida, it has to function optimally to help the body rid itself of the yeast. Too, candida has been shown to damage the liver. My favorite approach to liver support is biotherapeutic drainage, but I also use milk thistle and things like molybdenum.

5. Emotional healing: It is so important to take it easy while going through this process. The feared die-off reaction can amplify the symptoms of Candida for a short period of time and this can be upsetting and debilitating. I happily spend a lot of time supporting my patients through this phase. I often recommend constitutional homeopathic remedies, which are excellent at rebalancing and supporting the body's overall vitality during this time of cleansing.

With Anne, it took us about six months to go through this process but at the end she was symptom-free: No more itching or aching, she could eat without fear of immediately bloating up with gas, her skin was clear and her periods were starting to regulate. She no longer suffered from deep fatigue all day. Some people take longer to heal from yeast overgrowth, and some take a much shorter period of time. Lots of factors determine how long it takes: the strength of the immune system, the degree of stress in one's life (both environmental and emotional), the health of the individual organs being treated and, of course, a patient's attitude towards his or her healing goes a long way toward hurting or helping the healing process. As with all natural medicine cures, it's not always a linear progression but the result is that, as in Anne's case, the problem is gone for good.

If you're struggling with similar symptoms, a naturopathic doctor who can focus on creating ultimate health through the use of natural therapeutics is what your gut just may need. If you want to schedule an appointment with Dr. Maura Henninger, click here. Become a fan of Dr. Maura on Facebook, connect with her on LinkedIn and follow her on Twitter.

The Candida Diet Basics

These Candida diet basics are essential to be successful in reducing or eliminating symptoms.

- -No sugar
- -No alcohol (alcohol is a sugar)
- -No wheat
- -No yeast

- -No caffeine (Caffeine prompts the liver to dump large doses of sugar into the blood stream)
- -No preservatives and additives
- -No refined and processed foods
- -No moldy foods
- -No dairy (except yogurt and butter on occasion) Cheese and milk contain lactose (milk sugar) which the yeast will feed on. (some people can do small amounts of cottage cheese)
- -Low in Carbohydrates

Fruits

Most people need to cut down on fruit intake drastically while following the Candida diet. This is because fruit is high in natural sugar. Some fruits are higher in sugar than others.

Some people can eat fruit freely and other people can't eat it at all. On the other hand, some people can only eat fruit that is lower in sugar.

Fruit High in Sugar

- -Oranges (very moldy as well)
- -Bananas
- -Dates
- -Raisins

Fruit Medium level of sugar

- -Apples
- -Apricots
- -Pears
- -Melons (also very moldy)

Fruit Low in sugar

- -Strawberries
- -Blueberries
- -Raspberries
- -Blackberries
- -Peaches

Legumes or Beans

Legumes, also known as beans are very high in carbohydrates, so they should be eliminated or reduced for most people. Like grains, they too are not processed properly by the human body. When you do eat legumes, they should be sprouted when possible, as these are healthier for your GI tract.

- -lima
- -pinto
- -navy
- -split pea
- -garbanzo
- -black, etc.

Dairy and Eggs

- -Yogurt is okay on occasion because it contains healthy bacteria, but it does contain lactose, which is milk sugar, so be careful.
- -Cheese or cottage cheese should be restricted for special occasions, but they also contain lactose, so must be restricted.
- -Eggs are a good protein and contain no carbs.

Grains

Grains should be avoided completely or reserved for special occasions on the Candida diet. Not only are they are highly allergenic and high in carbohydrates, but the human body does not digest them properly. They disrupt the gastrointestinal tract.

- -rice
- -wheat
- -oats
- -barley
- -spelt
- -rye
- -corn
- -Alternate Grains

- -Kamut
- -Quinoa
- -Amaranth

High Carb Foods to Avoid or Eat Sparingly

- -potatoes
- -carrots
- -sweet potatoes
- -yams
- -corn
- -beans
- -winter squash

Low Carb Vegetables to Include

- -cabbage
- -kale
- -lettuce
- -cucumbers
- -zucchinis
- -cauliflower
- -green beans
- -spinach
- -any green leafy vegetable is low in carbohydrates
- -onions
- -garlic
- -green peppers
- -avocados (are excellent because they are also very good for stabilizing blood sugar)
- -tomatoes are low carb but high in acid and often aggravate yeast, you'll need to monitor your symptoms to determine whether you should include them in your diet.

Meats to Include

- -buffalo (is lower in fat and cholesterol than chicken or turkey)
- -chicken
- -beef
- -turkey
- -lamb
- -ostrich
- -pheasant
- -venison
- -fish.(be careful because fish is contaminated with mercury and other pollutants- buy Wild Alaskan fish.)
- -No processed meats like lunch meat, spam, bacon, sausage etc.